



Ashtanga Yoga Intensive with Sachin Badoni

From 19th to 21th of June 28, 2026
Granada, Spain



BAUBOYOGA

Info & bookings:
bauboyoga.com/retiro
+34 655 13 43 41
info@bauboyoga.com

Program

Friday 19 – International Yoga Day · Opening

- **17:30 – 18:15 · Opening Circle**
 - Welcome
 - Introduction to the lineage
 - Meaning of the International Day of Yoga
- **18:15 – 18:30 · Short Break** (Time to change, hydrate, settle)
- **18:30 – 19:45 · Special Led Class**
 - Conscious, guided practice
 - Adaptable to different levels
- **19:45 – 20:00 · Short Break**
- **20:00 – 21:00 · Mantra Chanting & Reflection**
 - Traditional mantra
 - Short talk: *Yoga as a Path of Unity*

Saturday 20 – Intensive Practice

- **06:45 – 07:00 · Arrival & Quiet Preparation**
- **07:00 – 09:00 · Mysore Practice**
 - Primary & Intermediate Series
- **09:00 – 10:30 · Breakfast & Rest Break**
 - Time to eat, rest, shower, digest
- **10:30 – 12:30 · Asana Alignment & Biomechanics**
- **12:30 – 15:30 · Lunch and Rest Break** (*It is strongly recommended to rest or take a short walk*)
- **15:30 – 17:00 · Calm the Storm**
 - Using Your Yoga Practice to Regulate Stress and Fatigue (**workshop by Liubov Badoni**)
- **17:00 – 17:30 · Short Break**
- **17:30 – 18:45 · Vinyasa: Keys to Jump Back and Jump Through**
- **18:45 – 19:30 · Pranayama**

Sunday 21 – Integration

- **06:45 – 07:00 · Arrival & Quiet Preparation**
- **07:00 – 08:45 · Led Class (Primary Series)**

- 08:45 – 09:00 · Short Break
- 09:00 – 09:45 · Mantra Chanting
- 09:45 – 11:30 · Breakfast Break
- 11:30 – 13:00 · Backbending Practice
- 13:00 – 13:30 · Closing Circle

Prices

Full course · 3 days (Friday afternoon – Sunday)

- Early Bird: **€320**
- Regular price: **€350**

Limited spots available

International Yoga Day – Friday only

- **€50**